

Kristin Cavallari Is Reportedly 'Dumped' By Jay Cutler: Wedding Is Off



"Do you, Jay Cutler, take Kristin Cavallari, as your lawful wedded wife?" He doesn't. Cutler, former fiancé of reality star Cavallari, called off his engagement to Cavallari. The couple, who started dating only 10 months ago, had already thrown an engagement party with her friends. "She got dumped," a source told [People](#). "She's absolutely devastated. She can't believe this is happening." Cavallari and Cutler were engaged in April, and planned for a spring wedding.

How do you deal with the embarrassment stemming from a broken engagement?

Cupid's Advice:

After telling all of your friends, gloating over the exciting news, hearing congratulations from every nook and corner and then hearing it's all over, how do you cope? Cupid has some advice:

1. That's what friends and family are for: Those close to you are there to hear you out. They wouldn't (or at least shouldn't) point at you and make embarrassment worse. Allow your friends to be there when you grieve you cry.

2. Understand: Though embarrassment can be unbearable, angrily acting out will solve nothing. Therefore, the best thing to do is try to understand why your partner did what he or she did. Your ex-partner is probably suffering from embarrassment as well. Talk to your partner about the reasoning behind it all for some closure.

3. Don't dwell: It's easier said than done. But honestly, what is dwelling going to do besides make you crazy? You might as well try your hardest to move on.

Suffered through similar embarrassment? Share your comments below.

James Franco and Longtime Girlfriend Split After 6

Years



Love is no longer in the air for actor James Franco and longtime girlfriend Ahna O'Reilly. The two ended their six year relationship due to the long distance between them. Franco has been attending school in New York and just signed up to take classes at Yale while his girlfriend was waiting patiently for him back in L.A., according to the *New York Press*. It seems like Franco has too many passions and couldn't focus on one of his biggest passions, his girlfriend. Franco is currently an actor, poet, director, teacher, student, author, painter, performance artist and producer ... Talk about all over the place!

How do you help your partner focus his or her passions?

Cupids Advice

It's difficult when your partner has big dreams and passions that may be getting in the way of your relationship, but Cupid has some advice on how you can help your partner focus:

1. Be supportive: Even if you believe your partner's passions are absolutely absurd, supporting him or her shows that you care and are willing to be there no matter what.

2. Provide constructive criticism: If your boo truly loves you, he'll care about your opinion and what you have to say. If you try to give him direction or guidance and explain how he should maybe focus on one thing at a time, he should respect your opinion.

3. Show him what he's good at: Show your beau what he's really talented at, whether it be art, music, writing or anything else. If he sees that he can truly excel at one thing, he'll probably stick with it and focus all of his energy one way.

How do you help your partner focus his or her passions? Share your thoughts below!

Cameron Diaz and A-Rod Spend a Domestic Weekend Together





A movie star and a New York Yankee: could there be a more glamorous couple? But in Miami this past weekend, Cameron Diaz and Alex Rodriguez actually spent a low-key, domestic couple of days together. According to [RadarOnline](#), the high-profile twosome was spotted having a casual meal out and stopping at a local Whole Foods grocery store. Diaz, 38, is enjoying a break from filming her new movie, *What to Expect When You're Expecting*.

What are some signs that you've settled into a serious relationship with someone?

Cupid's Advice:

After the honeymoon phase of the relationship is over, you and your sweetie will either get serious or call it quits. Cupid has some signs that you've settled down with your mate:

- 1. It's the little things:** Doing everyday things together, like grocery shopping, shows that you're serious as a couple because you don't need to impress each other anymore.
- 2. You have a routine:** If you know that Tuesday night is pizza

night and Saturday you go to the park together, you've settled into a routine with your partner. Once you've gotten into a groove, you've also settled into a serious relationship.

3. **Nothing to hide:** When you and your mate are totally honest with each other and don't care about showing your flaws, you're in deep. You're probably past the honeymoon phase when you're comfortable being in your sweats with no makeup on in front of your mate.

How do you know when your relationship is serious? Share your comments below.

Celebrity Couples Who Look Hot At a Pool Party





By Diamon Hall

Celebrities might have busy schedules, but as soon as they get a break, they take full advantage of it with fun-filled vacations. Snapshots of poolside parties and romantic strolls on the beach hit the tabloids each day, documenting their experiences. Take a look at our list of five hot famous couples at some of the top vacation spots:

1. Ryan Seacrest and Julianne Hough: *American Idol* personality, Ryan Seacrest, and his young hottie, *Rock of Ages* star Julianne Hough, took some time off from the big screen to enjoy a vacation together. Hough, 22 and her man, Seacrest, 36, were spotted jet skiing together in Miami. “The couple said they had spent so many days apart, they really wanted to chill,” a source told *People*. Well, they certainly couldn’t stay apart on this fun-filled escape.

2. Ciara and Amar’e Stoudemire: R&B singer Ciara showed off her “goodies” on Miami Beach with her new honey, New York Knicks star Amar’e Stoudemire. Ciara certainly wasn’t the only one showing off her body though. Stoudemire trotted through the sand shirtless, but with New York Knicks shorts on

and flaunting his many tattoos. Nothing shows off a new couple better than a beachside vacay.

3. Ashley Tisdale and Zac Efron: Ashley Tisdale enjoyed her 26th birthday beachside with *High School Musical* costar Zac Efron, according to *People*. The 23-year-old hottie, Efron, was spotted giving Tisdale a piggyback ride as the two marked the VnC Cocktails and Heineken Light-sponsored milestone in Malibu, Calif. “So happy zacary made it to my party,” Tisdale tweeted.

4. Katie Holmes and Tom Cruise: These two hot stars took a splash in the water on a beach side getaway. Holmes, 31, showed off her bikini body while lounging by the pool in Miami Beach, Fla. Holmes certainly didn’t let her sexiness go to waste and gave hubby Tom Cruise, 48, a passionate kiss.

5. Channing Tatum and Jenna Dewan: This Hollywood couple was spotted along the shore during their stay at Viceroy Anguilla in the Caribbean. Both are usually seen on the big screen, but decided to get away and take a dip in the tropical islands.

Who doesn’t love to kick back and relax on enjoyable vacations? These popular couples took their escapes to a much higher level. Working in Hollywood can be very hectic, so we definitely don’t blame them!

Alicia Keys Says Being Married Is ‘Fly’



With her one-year anniversary on July 31, Alicia Keys can't complain about marriage. "It's so fly," the singer said in an interview with [People](#). "There's something great about feeling at peace and ease with your partner and knowing you understand each other. I really enjoy that friendship." Keys, who wed producer Swiz Beatz, real name Kaseem Dean, said the two are so similar it's "mind blowing." In fact, the relationship is moving so well that Keys said she seeks fashion advice from her hubby. "'I can say, 'I'm not sure about this look for the BET Awards. What do you think?'" and I know that he will honestly tell me exactly what's up," she said.

When you get married, what are the perks?

Cupid's Advice:

Most of the time, people say marriage is hard work, but they never mention the enjoyable parts. Cupid has a few pros of being married:

1. Snuggle buddy for life: One of the most comforting facts about marriage is that no matter how bad your day is, you have the evening to cuddle up to your best friend.

2. Ups and downs: A spouse is there to celebrate your successes and lend support during hard times. In short, he or she is dependable.

3. 'Til death: Although it can be scary to think about spending the rest of your life with just one person, it usually gets better with age (like fine wine, as the cliché goes).

What do you like about being married? Share your thoughts below.

Kim Kardashian Celebrates Bachelorette Party in Las Vegas





While Kris Humphries was celebrating his bachelor party at Lavo Las Vegas last Saturday night, fiancé Kim Kardashian was doing her best to deal with her humiliation during her penis-themed bachelorette party, organized by her sister and maid-of-honor, Khloé. Kim was clad in a pink sash labeled “Tao Bachelorette” and an illuminated tiara. She kept her sangfroid as a male stripper appeared at dinner to perform a strip tease. According to [People](#), she told her guests “My sisters are doing everything they can to embarrass me.”

What are some ways to playfully embarrass a bachelorette at her party?

Cupid’s Advice:

So you have the honor of planning the bachelorette party for your sister or your best friend. How can you go about playfully embarrassing her? Cupid has some tips.

1. Male stripper: Classic. Hire one or multiple male

strippers to perform a special dance at some point during the night. Make sure he puts the bride-to-be in the spotlight.

2. Special outfit: Design a special costume for the special lady. You can imitate Kim Kardashian's costume and go with something princessy, girly and pink, for instance.

3. Decorations: Decorate the venue. Choose a theme to make it more interesting. For example, you can ask all the guests to come in a male parts costume or design special necklaces for everyone.

Got any ideas for how to embarrass the bride-to-be? Don't be shy! Share your ideas below

Former 'Bachelorette' Winner Jesse Csincsak Talks About Ashley Hebert's Fiji Dates and Her Final Two Men





Last night on [The Bachelorette](#), Ryan Park paid [Ashley Hebert](#) a visit and asked for a second chance, while Constantine Tzortzis said goodbye after revealing that his relationship and love was not developing fast enough for her. Ben Flajnik and [J.P. Rosenbaum](#) are the remaining two men, and *The Bachelorette* now understands that this is a two way street. Here's what *Bachelorette* expert Jesse Csincsak had to say about the episode:

Jess Csincsak Tells All About *The Bachelorette*

Were you surprised to see Ryan return? Should Chris Harrison have given Ashley a head's up that she was going to have a "surprise visitor"?

This was a simple case of the producers saying jump and Ryan asking how high! I think the producers are teasing him with being the next *Bachelor*, and he wants it so bad that he can taste it. That's why he is doing all of this dramatic nonsense. He reminds me of a few characters from past seasons

who wanted to be the next *Bachelor* so bad – Jake Pavelka, Ed S. and Reid R. from season 5 and Jeremy A. from season 4.

What do you think about Ben's admission that he was "unavailable" at the beginning of the journey? Is this type of admission a red flag to you?

I think J.P. and Ben's edits are so chopped up that we will never really know what is what. I think production was trying to even the playing field with this episode by editing, so both of the final two guys look like they are at the same point with Ashley.

These contestants are always taken to places where they jump off cliffs, swim with sharks, etc. What if a contestant is afraid of these feats or they simply don't know how to swim? How do they get around doing these activities?

Production has you fill out a 1200 question test before you go on the show. Therefore, the participants know all of this beforehand, and the producers plan which dates to give each person.

We heard over and over again that Ashley and Constantine need more time. Given all they wanted was more time, do you think Constantine should have taken advantage of the fantasy suite to get to know her a little bit better and develop their relationship and love?

Constantine was real, and as far as I am concerned, he is the man! There was no fantasy suite needed.

Related Link: ['The Bachelorette' Season 7, Episode 2: Ashley Gambles Her Heart in Vegas](#)

Do you think it's a bit unreasonable for Ashley to expect all of the guys to fall in love with her and be ready to propose marriage after just a few weeks of knowing each other?

I think Ashley totally understands it's a two way street. Even

at this point, no one expects anything.

Typically, by the overnight dates, we see several confessions of love for the *Bachelor/Bachelorette*. Do you think it's weird or simply realistic that both J.P. and Ben are holding back on "I love you" for now?

I think it's totally real, and all three of them are guarded. That's why we haven't heard them say "I love you."

What Is Important For a Real Relationship and Love?

Ashley confides that she is more "compatible" with Ben and that J.P. "compliments" her. In relationships and love, what do you think is more important – being compatible or complimenting your significant other?

I think both are important, but at the end of the day, love alone will be what gets people through the tough times in a Hollywood relationship.

Ashley makes a big deal about the guys accepting her roses this week, and it being a two-way street. When you were on the show, did you give a lot of thought to the acceptance of the rose each week?

The show has changed a lot since I was on it. Back then, there wasn't as much emphasis on accepting a rose.

So now we know who the final two men are at the last rose ceremony. What's your prediction?

Well, since all of the idiots spoiled the show for everyone, we all know who Ashley will choose.

Related Link: [Exclusive Interview: Former Bachelorette Winner Jesse Csincsak Gives His Take On Ashley Hebert's Taiwan Dates](#)

It looks like Bentley will be back for *The Men Tell All*. Do you think we'll learn anything new about him and his mind games next week, or do you suspect having him join the reunion is all about the ratings?

Somehow, I don't believe Bentley comes back to the actual *The Men Tell All*. I think they just interviewed him separately because the real guys would rip him apart!

Want more Bachelorette insider insights? Check out the Bachelorette Beatdown from last night. The Beatdown is hosted by Jesse himself, and he is always joined by notable show alums!

Mending Hugh Hefner's Broken Heart





By Ronnie Ann Ryan MBA, CCC – The Dating Coach

Less than a week after fiancée Crystal Harris called off her nuptials to Hugh Hefner, the scorned husband-to-be rebounded by publicly showcasing his new girlfriend– Shera Bechard, the November 2011 Playboy Playmate. To me, that's the definition of a true playboy, and it suits Hef perfectly. After all, he is the original founder of the Playboy brand.

When questioned by fans and hecklers about moving on so quickly, Hugh claimed that Shera is the remedy for his broken heart. As a professional dating coach, one thing I know for sure is that the heart takes time to heal. If Hefner was truly crushed by Harris leaving him, then he's certainly in no position to have already moved on. Whether you're a man or a woman, a new love interest is not the antidote for heartbreak. Finding someone else so quickly is not a healing strategy; it's simply a rebound. In my opinion, the chances of things going well for Shera and Hugh are quite slim at best.

If you want to heal and find lasting love, you'll have to recover from the pain of breaking up with your past partner first. Otherwise, you could be leading yourself and the new

flame down another hurtful path. Here are some tips to help you move through the healing process in a healthy way:

- 1. Give yourself time to recover:** Spend time alone, with friends and family. Be with people who love you so that you can regain your inner strength.
- 2. Take good care of yourself:** Get a massage, energy balance, makeover, new hairstyle, or start working with an exercise trainer. Take healthy steps to improve your self-confidence.
- 3. Shift negative thinking to positive self-talk:** If you spend a lot of time blaming and berating yourself, stop. Learn how to speak nicely to yourself with positive inner dialoguing. It's a lot like being your own dating coach! Tell yourself that love is out there, and it's only a matter of time before you find it.
- 4. Relax and enrich your life:** There's no hurry. Rushing will only lead to mistakes again. Instead, take your time, and build a rich and interesting life for yourself. When you're enjoying yourself you inevitably become more attractive.

Ronnie Ann Ryan – The Dating Coach has helped thousands of people transform their love lives from disaster to finding healthy, loving relationships. You can find her on her website, www.NeverTooLate.biz.

Blake Lively Reunites With Leonardo DiCaprio in Santa

Barbara



Though *Gossip Girl*'s Blake Lively, 23, recently returned to New York to film the show's fifth season, that surely didn't keep her from spending quality time with her new beau, 35-year-old Leonardo DiCaprio, according to UsMagazine.com. The new couple was spotted shopping in Santa Barbara, California as Lively helped her honey pick out a fresh pair of Carrera X-cede shades on Wednesday. "They seemed very much in love," a store rep said.

What are some everyday couples activities that will get you out and about?

Cupid's Advice:

Think of things that both you and your mate like to do, and

get the ball rolling. Cupid has a few starters:

1. Cool off: It's summer time. Who doesn't want to find a way to stay cool? Take your honey for a dip in the nearest community pool, or better yet, the beach if possible. And if you really want to add excitement, go to a water park for the day and stay chilled for awhile.

2. Get moving: It may not sound like a cool activity, but it will be fun once you start. Exercise as a couple. Go for a jog with your mate and just chit chat about life. Once both of you get in the mood, you'll be able to motivate each other.

3. You can never go wrong: If all else fails, the movies is always the easiest way out. There's always a new romantic comedy or action flick hitting the big screen. Take your honey and enjoy!

What are some activities you and your mate enjoy? Share below in a comment.

'The Bachelorette' Season 7, Episode 9: Final Two Men Remaining





By Jennifer Harrington

Last night's episode on [The Bachelorette](#) quickly reminded me that this season was almost over. The thought alone got my adrenaline racing, not because I wanted to see who [Ashley Hebert](#) would choose but because it brought me one week closer to the upcoming drama that is almost guaranteed on the *Bachelor/Bachelorette* spin-off, *Bachelor Pad*. Until then, here's the scoop on Hebert!

The Bachelorette journeyed back to Asia for overnight dates with the remaining three bachelors: Ben Flajnik, Constantine Tzortzis, and [J.P. Rosenbaum](#). Last week's hometown dates seemed to be a big step in the right direction for our leading lady, and after arriving in Fiji, she remarked that it was the "ultimate place to fall in love." Keeping in mind that this week's preview promised a few last surprises for the brunette, here's a recap of what this episode had in store for her.

Final Two Men On This Season of *The*

Bachelorette

The episode opened up with Hebert primping for her date with Flajnik when all of a sudden there's a knock on the door. She opens it, and there is Ryan Park, who was kicked off two episodes ago, standing there making a plea for her to reconsider after he just flew halfway around the world to confess his lingering feelings for her. It looks like a foreshadowing to him being the next *Bachelor*! He says that he wants a "full chance" and catches the bachelorette off-guard and left speechless. They mutually decided that she will reach out to him with an answer if she's interested. Now, it's time for her date with Flajnik.

Related Link: [Hollywood Couple Ashley Hebert and J.P. Rosenbaum Celebrate with Holiday Traditions](#)

The duo spent the day together snorkeling in Fiji's turquoise waters and frolicking like kids as they rubbed suntan lotion on one another. We learn that the date helps to solidify Flajnik's love for Hebert, who feels like she has known him forever. It's no surprise to hear him say their time together is effortless. The date is followed by a candlelight dinner and the acceptance of the fantasy suite invitation. While he is hesitant to say "I love you" to Hebert, she declared they are in the midst of a "great love story."

An End To A Relationship and Love

Next up was Tzortzis. We know that Hebert is attracted to this "Greek God," but she continues to reinforce that their relationship and love is moving very slowly. Slow-moving or not, as the famous couple embarks upon a day of exploring in a helicopter, it's obvious that the relationship between the bachelorette and the restaurant owner is lacking in the sizzle department. Initially, she suspected that all they needed was more time to flourish, but a revealing conversation over

dinner puts a quick end to it all. He explains that his feelings aren't developing as fast and rather than accept an invitation to the fantasy suite and all that implies, the Atlanta native decides Fiji is the "end of the road" and says goodbye.

After reflecting a bit upon Tzortzis's decision to leave, the bachelorette decides it's time to chat with Park, who has been waiting patiently for a second chance with his celebrity love. The talk she has with the solar executive is almost the exact conversation they had several weeks ago; while Park is everything she wants on paper, their relationship and love is lacking passion. Confessing she has found the spark she needs with the two other remaining bachelors, she says "farewell" to him...AGAIN.

Related Link: [Ashley Hebert and J.P. Rosenbaum Have No Celebrity Wedding Plans Yet](#)

Rosenbaum had the final date this week. It is adventure-packed as they fly around the islands in a sea plane and take a romantic swim in the ocean. He shares that he is "definitely falling in love." Throughout the course of the day, we hear that Rosenbaum is ready for the end of the journey and to accept the final rose – he wants Hebert to be his wife. It's no surprise that he's been her rock throughout this bumpy journey, and at dinner in the jungle, she shares with him her "surprises" of the week. There are no secrets between these two as he accepts her invitation to the fantasy suite.

Even though Tzortzis had packed his bags and left Fiji, the bachelorette still wanted to have a rose ceremony. His decision to leave made her realize this process is really a two-way street, and she wanted to give the remaining men the opportunity to truly "accept" the roses she offered. Both men accepted the roses, and she rejoiced in the fact that her happy ending (and a celebrity engagement!) were in the very near future for her.

Who do you think she will pick to be her husband? To get an expert's pick on the final two, check back later today for our Q&A with Bachelorette expert Jesse Csincsak. And don't forget to set your DVR's for Sunday night and The Men Tell All episode!

Amy Winehouse Unexpectedly and Sadly Joins the 27 Club



By [Whitney Baker](#) and Imani Brammer

Lady Gaga said it best: “Amy changed pop music forever, I remember knowing there was hope, and feeling not alone because

of her. She lived jazz, she lived the blues.” With her soulful voice, peculiar demeanor and unruly habits, Amy Winehouse wowed audiences despite sometimes tripping on stage, throwing her shoes at people and struggling to stand up straight. Her fans still loved her. Now, with her music still echoing in their ears, they’re left with an all-too-obvious reminder that life is short.

At 3:54 pm on Saturday, July 23, 2011, 27-year-old jazz-influenced soul singer Winehouse was reported dead. She was found in her London home, and a police source confirms that there were no sign of drugs near her body. A toxicology report may take weeks to complete, and until then, the cause of her death is unclear. Even so, Winehouse battled with a long-term – and well-known – drug addiction. Suspicions are in the air as to whether her addiction to crack cocaine, heroin, alcohol, ecstasy, ketamine and cigarettes may have played a part in her untimely death. Although she checked into rehabilitation centers at various times throughout her career, she believed that her illness was manic depression rather than alcohol or drug dependency.

As she was off-and-on with checking into rehab, she was similarly off-and-on with her marriage to Blake Fielder-Civil. With their shared drug abuse and Winehouse’s penchant for adultery and violent, drunken moments, the marriage was severely damaged. In January 2009, Fielder-Civil divorced Winehouse after she admitted to adultery in court papers.

Her failed marriage may have caused Winehouse to sink deeper into depression. However, it seems like she tried to reinvigorate her love life through her most recent relationship with Reg Traviss, a film director. Their love was still going strong as recent as April, but took a downward spiral last month when Traviss ended their relationship. Heartbroken and inconsolable, Winehouse briefly checked into Priory Rehab Clinic in London and then proceeded to cancel her

European tour. Traviss wanted to play a positive role in her life, but realized that he couldn't make her stand strong against her drunken demons, reported Celebs.

According to Drug Addiction Treatment, Traviss did the right thing:

"... your reasons for leaving must be based on the best interests of all concerned. The decision should come after all other options have been thoroughly explored, and/or you've come to the realization that by staying, you're doing more harm than good – harm to you, your spouse and your family."

Revealing how important love was to Winehouse, many of her songs were dedicated to her relationships – both the good and bad parts of romance. For instance, in her ballad "Love is a Losing Game," she sang about how she lost to love and laments the trouble that it has caused:

"Love is a losing game
One I wish I never played
Oh what a mess we made"

In addition to using her music as an outlet for her pain, Winehouse may have used her drug addiction to wipe away her sorrows and regrets. But can addiction really cure a broken heart? Perhaps she should've looked to love as the ultimate reason to overcome her addiction. Just as both of these forces made their mark in Winehouse's life, this uniquely talented artist unequivocally impacted the lives of her fans. There will surely be a gaping hole in the world of music.

Sadly, with her early and unexpected death, Winehouse joins the 27 Club, an ironic club of deceased, influential rock artists who died at age 27, generally with some sort of controversy surrounding their death. Winehouse was aware of this group, also known as the Forever 27 Club or Club 27, and sometimes referenced its existence in interviews. Now, her name will be remembered along side legends like Jimi Hendrix,

Janis Joplin and Kurt Cobain. May their souls rest in peace.

In light of Winehouse's death, what celebrity passing has most affected you and why? Share your thoughts below.

Jennifer Aniston Is House Hunting With Beau Justin Theroux



Jennifer Aniston and Justin Theroux are making the big move. According to UsMagazine.com, the *Horrible Bosses* actress is looking for places to either rent or buy in the Beverly Hills

area with new serious boyfriend, Justin Theroux. Sources close to the couple say that the relationship is going extremely well, and they hope to make it permanent. As far as other recent big real estate purchases for the actress, Aniston just closed on an \$8 Million Penthouse in New York's West Village. She also purchased the one-bedroom apartment below it with plans to turn it into a duplex.

How do you know when you're ready to move in with your partner?

Cupid's Advice:

Real estate can be a serious issue for a couple. But, when you can finally agree to move in together, it should be a joyous occasion. Here are some signs that you and your partner are ready to make the big move:

- 1. When you spend every night together:** If you are spending every night together anyway, it may be time to start splitting the rent.
- 2. When you foresee being together for a long time:** Nothing makes a relationship more permanent than sharing a place together. Plus, it's a good way to get to know each other on a deeper level.
- 3. When you want to spend more time together:** If all the time you spend together just doesn't seem to be enough, start looking for a new place together.

Have you ever cohabitated with a partner? Tell us about it.

Hugh Hefner Says He Missed a Bullet By Not Marrying Crystal Harris



According to [People](#), Hugh Hefner is experiencing no hard feelings over Crystal Harris' decision to call off their wedding. In an interview on ET, he announced that by not marrying his ex-fiance, he "missed a bullet." The *Playboy* mogul declared that he's better off single. Reportedly, Harris dropped the bomb on him right before the wedding, not having given Hefner any clues to her change of heart. "I didn't see any of this coming... If you're having reservations about the person you've been with for two-and-a-half years, the logical thing is to sit down and talk about it," said Hef.

What are some positive ways to look at a broken engagement?

Cupid's Advice:

A broken engagement is often looked upon with a heavy heart. How can you handle it with a positive state of mind? Cupid has some tips:

1. Maintain self-worth: Remind yourself that no matter what, you deserve to be happy. Don't beat yourself up about the broken engagement, because it's best to have broken it off now than later.

2. Surround yourself by people who love you: Don't spend too much time mourning your broken engagement. Instead, spend time with family and friends. It's important to be around supportive people who value you.

2. Forgive: Holding a grudge against your ex isn't healthy. Forgiveness is one of the most difficult things to do, but it's also one of the most rewarding. If you're able to let go of your anger, you'll be able to look at this experience as something that allowed you to grow.

Got any tips on maintaining a positive attitude when dealing with a broken engagement? Share your comments below.

Tiger Woods' Ex Elin Nordegren Is Dating Again





Tiger Woods cheated, and it's time that his ex-wife moves on. For the first time after her recent divorce, Elin Nordegren is back on the scene, only this time, Woods isn't by her side. Nordegren has been spotted dating Jamie Dingman, a 31-year-old American financier. Nordegren and Dingman were found on July 12, kissing and hugging in Sweden, as reported by [People](#). As of right now, there's no stamp on their relationship, but who knows what the future may bring.

What are some ways to “go with the flow” in a relationship?

Cupid's Advice:

Forget the hassle of preparation, high hopes and constant wondering of where your relationship is heading. What are some good ways for you to go with the flow? Cupid has some tips:

1. Have fun, with a light heart: Relationships don't always have to be so serious. Let loose a little. It'll help you and your partner to bond on a fun-loving level.

2. Don't take anything too serious or personal: If you take everything to heart, there won't be any room for enjoyment.

Over-analyzing things can sometimes cause a lot of issues in relationships.

3. Treat it like a friendship: Friendships build great foundations for almost all relationships. Kissing and hugging doesn't mean that your partner can't be your friend. With a friendship base, going with the flow might be a little bit easier.

Have something to add? Share your comments below.

5 Reasons To Play Hooky From Work With Your Honey





By Andrew Pryor

You're sitting at your computer at work and you've had it up to "here" with the pile of papers sitting on your desk. All you can think about is an afternoon escape. After all, the work will still be there when you get back. If you're contemplating calling in sick or checking out early, double up with your partner so that you can really enjoy the day. A vacation for two is much more fun than one. Here are five ready-made reasons to hop the cubicle walls and make time for yourself and your loved one:

1. Celebrate a promotion: If you've just picked up a new title and a pay raise, what better way to celebrate than to spend some time off with someone you love? He or she can accompany you to an early and fancy dinner date where you can toast your latest success.

2. Get an early start on happy hour: If you leave half an hour early, it should be five o'clock by the time you hit your favorite bar. Meet your partner there and think back to the first time you bought him or her a drink.

3. Adopt or create your own holiday: Whether it's Talk Like A Pirate Day, Flying Spaghetti Monster Day or the birthday of a celebrity you've always worshiped, find a reason to celebrate, and take time off from work. Here are a few silly suggestions for the month of July from BrownieLocks.com.

4. It's a nice day outside: Look out the window, feel the sunshine hitting your face and imagine lying in the grass with the love of your life. Life is too short to spend eight hours of your day indoors, so find an out-of-the-way spot you and your honey can call your own.

5. You don't need a reason at all: The best things in life are unexpected. Come home early and surprise your husband, wife, partner or lover with a sensuous and lovely day together. Sometimes, you don't need an excuse to spend a day away from work – you just need someone to make that day worthwhile...and maybe a 'broken' alarm clock.

Do you have any ideas about how to escape the workday with your partner? Share them with us in a comment below.

Rumor: Is Demi Lovato Hooking Up With Ryan Phillippe?





18 year-old Demi Lovato and 36 year-old Ryan Phillippe. Could it be true? Reportedly, Lovato has been hooking up with Reese Witherspoon's ex-husband and the father of their two children. According to a UsMagazine.com source, it was "nothing serious."

How do you keep a relationship casual?

Cupid's Advice:

There are plenty of reasons to want to keep the relationship casual, especially if you just started seeing someone. But how do you go about it? Cupid has some tips:

1. Expectations: If the relationship is not of a serious nature or isn't at that stage, then make sure you know what to expect. Don't assume that your partner will be more emotionally available than he or she actually is. Don't expect that the relationship is more meaningful than it is, or you may risk getting hurt.

2. Communication: Communication is key. It may be awkward discussing the status of the relationship, but it's important

to be open about where you stand and make sure you and your partner are both on the same page.

3. Group dates: A good idea may be to go on a group date. This will ensure that the setting is more fun and less intimate. If you're out with a group of friends, you'll be less likely to discuss your feelings.

How do you keep your relationships casual? Share your experiences below.

Justin Timberlake Says He Should Not Be Giving Love Advice





Not everyone can dole out love advice like Cupid can. At the premiere of his new movie *Friends With Benefits*, Justin Timberlake said he is the last person anybody should ask for relationship tips, UsMagazine.com reports. "I think it's pretty obvious that I should not be giving anybody love advice," the actor/musician said, adding, "Yeah, listen to a single male... That'll work out." Timberlake, 30, split with Jessica Biel in March.

How do you know if someone giving you love advice is credible?

Cupid's Advice:

Some people have more bad luck in the love arena than others and may not be the best source of relationship advice. Cupid has some tips on how to know when someone is giving you reliable tips:

1. Single: Don't get your relationship advice from one of your perpetually single friends. There's nothing wrong with being single, but if they've never had a long-term relationship, they probably can't help you out.

2. In a relationship: On the other hand, someone who has been in a perfect, trouble-free relationship for as long as you can remember might have trouble giving you tips on how to overcome relationship hurdles.

3. Different experiences: If you ask a friend who doesn't believe in monogamy what to do when you think your mate is cheating, they may give you a biased response. In other words, talk to someone with the same outlook on love.

Who do you go to (besides Cupid) for relationship advice? Share your comments below.

Real Housewives Stars Taylor Armstrong and Husband File for Divorce





It may come as no surprise to *Real Housewives* fans that Taylor and Russell Armstrong have called it quits. After all, the Armstrong couple likened their marriage to a business agreement. The two were going through “huge martial problems related to finances,” an inside source reported to UsMagazine.com in May. Although they have a five-year-old daughter named Kennedy, they decided that the best decision would be to split. On Friday, they filed for divorce.

What are ways to work on your marriage before calling it quits?

Cupid's Advice:

It seems like the Hollywood-inspired trend today is to file for divorce when things don't work out. The roles of husbands and wives in our society has changed over the centuries. Although most of us do make an effort to resolve marital turbulence, it can be tough. Cupid has some tips on how to work out your martial issues:

1. Communicate: Often times, communication is at the heart of

relationship problems. The next time you and your spouse start arguing, try to verbalize your points effectively before things get heated. Always focus on the particular situation and, by all means, avoid using phrases like “you always do this.” Stay calm, and try to get to the heart of the issue that’s troubling you.

2. Listen: We often complain that our partners don’t really listen to us, but we could all probably make an effort to be better listeners. When your spouse is mad at you, don’t get defensive or show contempt. Although this may sound silly, take turns rephrasing each other’s points. This will ensure that you both understand where each other’s anger is coming from and allow you to better work through your problems.

3. Consult a counselor: Seeking external help is always a wise step to take before calling it quits. It can be really hard to work through your issues without the aid of a third party. A marital therapist can really help you gain awareness of your communicative difficulties as a couple and give you valuable advice on how to work through your marriage.

Got any tips on alternatives to marital counseling? Share your suggestions below.

Jennifer Lopez May Have Hinted at Split With Marc Anthony in Songs



He's the father of her twins and the man she decided to marry.

However, Jennifer Lopez may have been singing subliminal lyrics about marriage troubles between she and Marc Anthony on her album *Love?* The title alone questions the stability of their marriage, but to supplement that, in one of the songs on the album, *One Love*, which Lopez co-wrote, the singer names off three previous loves before she gets to "number four."

This one "sang to me, but I'm not sure, so worn out, but ... made me wanna try once more," she sings. According to [People](#), Lopez may be referring to her previous romances between Sean "P Diddy" Combs, Chris Judd and Ben Affleck, followed by "number four," who is presumably Marc Anthony.

What are some ways to get your pain out in order to heal after a breakup?

Cupid's Advice:

Lopez has been in the entertainment industry for a number of years, so it only makes sense that she takes to singing as an outlet. But there are many other ways to let off intangible steam. What are some ways to get the pressure of emotional pain off of your chest? Cupid has some advice.

1. Wash your sorrows away: No one can ever go wrong with a nice, warm shower. We all know that standing underneath steamy water pouring over our bodies can feel like the best thing ever. Let the water seep into your pores and calm your emotions.

2. Adrenaline: This might be the only appropriate time it's OK for you to "run away from your problems." If you're feeling pain, taking a quick jog can work wonders. Releasing endorphins can definitely help with the anger and hurt. It makes you happy, while keeping you in tip top shape.

3. Creativity: Get creative! Whether you write poetry, make collages out of magazine scraps, build or write music like Jennifer Lopez, getting creative is a great way to clear your mind of unwanted problems. Pouring your emotions into something hands-on can relieve some of the pressure.

What is your outlet for releasing negative energy? Share your thoughts below.

Nicole Scherzinger Rumored to be Engaged to Race Car Champ



It looks like Nicole Scherzinger's heart is racing! Rumors started swirling that the couple was engaged after Nicole's father spoke to the UK's Mail Sunday. According to [RadarOnline](#), Scherzinger's father, Alfonso, said that Hamilton is "a really nice guy, real-down-to-earth. My family all like him. The good spirit is there," which got misinterpreted as Alfonso announcing his daughters engagement but the rumor is false. The couple has been together for 4 years. Scherzinger, a former Pussycat Doll, will now be sitting alongside Paula Abdul, Simon Cowell and L.A. Reid on the judging panel for *The X Factor* premiering this September on FOX.

What do you do if your parents don't like the person you want to marry?

Cupid's Advice:

Getting married is one of the most important moments in your life, but how do you handle this joyous occasion when your

parents don't like the person you want to marry? Cupid has some tips:

1. Show them your happy: As the old saying goes, your parents always want what is best for you, and they want you to be happy. Show them that you're truly happy with your beau and they will be more willing to support your decision.

2. Show them what you like: Show your parents what you like about your significant other. Maybe they don't see what you see, but open their eyes to the great things about your honey.

3. Let it go: If you love your significant other and you're happy, then nothing else should matter. Hopefully your parents will warm up to him, but it's really what you think and feel that counts, not what your parents think.

What do you do if your parents don't like the person you want to marry? Share your thoughts below.

Find Out if Your Partner is Unfaithful with 'The Cheat Sheet'





By Melissa Caballero and Krissy Dolor

Have you ever had that aching suspicion that your partner was cheating on you? You find yourself pacing back and forth worrying where they are, who they're with and not knowing what to do? Maybe you start beating yourself up even though it's not your fault. *The Cheat Sheet* by Rea Frey and Stephany Alexander can help ease your nerves and give you the tools to find out for yourself if your partner really is bunking up with someone else. Stephany Alexander is an infidelity expert and founder of WomanSavers.com, a forum for women to speak to each other about men, abuse and infidelity. *The Cheat Sheet* will help guide you and give you the advice you need to find out if your man is being unfaithful. We had the opportunity to speak with Stephany to find out more about this common issue. Here's what she had to say:

What was the inspiration behind WomanSavers.com?

I started WomanSavers.com in 2002, after getting out of a bad relationship. I've had a history of abuse throughout my life. I was abused as a child and experienced date rape as a young adult. I even had to file a restraining order against one of

my boyfriends who became physically violent with me. I tried online dating and when I signed up for all the matchmaking websites, I experienced a lot of bad dates. I thought I knew what I was doing and it was just a numbers game. However, I found that there were a lot of men who were misrepresenting themselves on the Internet. I became very bitter after all of this. Then one day I was walking along the street and an idea just hit me like lightning. The only way women are going to survive in the future is by sharing information with each other. Now, they have an open forum to speak to other women about men.

What were some of the obstacles you've had to overcome when launching WomanSavers.com?

WomanSavers.com was very controversial and I had to alter the terms of agreement many times. I had to build a shelter against lawsuits, death threats and stalkers because men were not okay with this sort of information being leaked out. However, we do follow very strict rules that comply with U.S. laws that third-party providers are not held liable for what someone else writes as long as we do not edit the post. In fact, before a woman submits a post she has to agree that she is telling the truth or she can be sued in a court of law. It has been a very stressful process.

What can we expect to find in your new book, *The Cheat Sheet*?

The Cheat Sheet is a book about how to catch a cheater. It also shows you the best way to catch them, what to do once you have, how to move forward and how to fool proof your relationship to avoid cheating. The book has a lot of real-life stories about infidelity ranging from all races and genders.

Do you think there is a surefire way you can prevent cheating?

There is no surefire way, but there are steps you can take in order to improve your relationship. For example, keep yourself out of situations where cheating can occur. I would never go to a happy hour and have cocktails with a male that I work with, especially one I may be attracted to. That's one way to help prevent the possibility of cheating. You have to be especially careful when you or your partner has a profession that requires you to travel because it creates more opportunities to cheat. One way to help overcome the long distance is by calling your wife throughout the day or scheduling Skype videos with each other for more intimacy.

Why do you think people stay with partners who have cheated?

Well, some people have a lot more to lose. People stay in bad relationships for 3 reasons: One reason is their children. Parents don't want to break their family unit. Another reason is finances. A lot of people would rather keep their comfortable living situation rather than downsize. The third reason is co-dependency and insecurity; people are scared to be alone.

What is the number one piece of love advice you have for singles out there who are dating?

The most important thing that you can do is research and gather all of the information you can about the person you are about to go on a date with. Get his or her first and last name as soon as you can. Run a background check, especially if you're serious about them. Google them. Go on WomanSavers.com. I know it sounds a little stalker-ish but if you allow the wrong person into your life it can ruin you emotionally, financially and physically. The more you screen, the more likely it will be in your favor to end up Mr. and Mrs. Right. Also, don't take anything for truth if it sounds fishy. Many times women fight their own gut instinct.

Cupid thanks Stephany Alexander for her time! You can

find *The Cheat Sheet* on Amazon. For more on Alexander, visit her website at www.StephanyAlexander.com. Here's to confirming your sneaking suspicions!

Marc Anthony Jokes About Being Single At Concert



Sure, his marriage with Jennifer Lopez fell by the wayside, but Marc Anthony isn't showing signs that it's slowing him down. The pop star played through his set list of romantic salsa tunes while flirting and blowing kisses the the ladies in attendance, calling one in particular, "Mamacita" – hot mama. "They're saying I'm single," Anthony said jokingly to

his crowd at Simon Bolivar Metropolitan Park in Bogotá Saturday night. Despite his divorce, Anthony and Lopez still plan to go forward with their show *Q'Viva*, which will begin to film in the fall, according to [People](#).

Does flirting with the opposite sex help relieve the pain of a break-up?

Cupid's Advice:

Flirting can help when you're fresh out of a relationship because it can boost your confidence with potential lovers.

Here are some tips to help you get back into the game:

1. Timing is key: It's important to remember the "mourning period" that follows a break-up. Give yourself some time to get over your ex before you start turning up the flirt. After all, nobody likes thinking about their ex when they're with someone else.

2. Man overboard: The key with flirting is that it's like alcohol—best in moderation. Taking it too far is not only a sign that you're not over your ex, but you just look silly.

3. Be playful: Remember, it's just flirting. Similar to Anthony, keep it fun, but don't try to get a rebound right after a break-up.

Do you think flirting after a break-up is appropriate? Comment below.

Ivanka Trump and Husband

Welcome a Daughter



How exciting! Ivanka Trump and Jared Kushner are embarking on parenthood. The married couple welcomed their first child, a baby girl, on Sunday, and they're currently making adjustments to venture into parenting. Trump told [People](#), "We have our work cut out for us to ensure that our daughter is grounded and not spoiled."

What are some ways to change your lifestyle for the arrival of a first child?

Cupid's Advice:

So you're expecting your first baby, and you're both excited and scared. Cupid has some tips on adjustments you can make in preparation for the big day:

1. Read the lit: It's a good idea to do some research prior to the arrival of your child. There are plenty of guides to parenting out there. Go to your local bookstore and choose from a variety of books that will help you understand the changes you will experience as you are expecting.

2. Do the shopping: Before your newborn arrives, you're going to have to stock up on infant clothes, toys, cradles, carriages, diapers, etc. You're also going to want to get the room or nursery set up. So make a baby check-list and start ticking off items well in advance.

3. Take some time off: Surely you've been running around trying to get things ready for the day you'll be a parent. Well, don't forget to dedicate some time to yourself. Allow yourself to relax by reading a book, going for a jog or getting a manicure. It's important to not get too stressed out before your child's arrival.

Got any advice on preparing for motherhood and fatherhood? Share your experiences below.

50 First Worst Dates: Looking for Story Submissions





We were contacted about a very cool new book called *50 First Worst Dates*. You know the one. The kind where his loving and unassuming wife calls in the middle of your dinner even though he said he was never married. Or, the one where he tells you that he's secretly in love with your best friend and would like you to make an introduction. Yes, these are real stories!

Maybe it was that first date with a guy who looked 26 in his online profile, but was actually 60. A first date that was so

bad, that staying in and cleaning your bathroom would have been more fun. You know the pain we're talking about.

Experienced "worst" daters and first-time authors Rachel Kapor and Andrew Hahn are developing a new book, *50 First Worst Dates* and they're looking for your stories. Feel free to share your story by submitting the brief details of that first date gone wrong on their website. If your story is selected you'll will receive \$150.

Just think, some cold hard cash might erase the memory of that traumatizing experience, especially when you're walking around with a new pair of shoes.

50 First Worst Dates will highlight the greatest romantic blunders of all time, provide an ego boost for the soul and be a reminder to all singles that their dating life could be much worse.

Submit your story now!